



HERENJUTU

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PATIENCE — PAIN AND PLEASURE

*A lecture given at Serenity Spiritualist Church on July 6, 1975
through the mediumship of Richard P. Goodwin*

Ladies and gentlemen, as our chairman has announced, the topic for this morning is *Patience — Pain and Pleasure*.

In this philosophy we teach the soul faculties as being our soul attributes which correspond to all of our sense functions. And *patience* is a soul faculty. Now the soul faculties are triune in expression and inseparable. And *patience, perseverance and promise* is a soul faculty.

The question must arise in our consciousness, *why does patience bring us pain and why does patience bring us pleasure?* if it is indeed a soul faculty, which it is. However, we find as our soul expresses through and in creation, as that expression is experienced by what is known as our mind, and our mind is a part of creation governed by the dual laws, the Law of Duality — the light and the night, the right and the wrong, we find as that soul expresses through mind stuff, through the gray matter, we experience what is called pain and pleasure.

How does man escape — if escape could be the proper word used — from this duality,

from this karmic wheel of creation, from this great illusion created by our own minds? My friends, it has been long taught in this philosophy that the *mind* cannot and will not know *truth*. We all know that it is the truth which sets us free, and if we will pause in consciousness, we will find that truth cannot and does not exist in a dual expression called mind.

We find as we go within our own consciousness that sooner or later our soul is taken to its true home, and that is called our heart. Now all philosophies teach that God is Love and so we must ask ourselves the question, *if that is true* (and it is demonstrably true), *then where does God within us truly reside?* Can He reside in a part of our being that by its very nature knows the opposite of God? No, my friends, God only exists in what is called our *heart*. And when we try to analyze and to define what is called Love or God, what happens to us? We go into what is called the function of *pain and pleasure*.

In creation, the illusion
(continued page 4)

PATIENCE-PAIN & PLEASURE

continued from page 3

created by mind stuff brings us fleeting moments of pleasure, but each fleeting moment is guaranteed, by the laws of creation, to bring us equal pain. And so we find ourselves in this illusion constantly chasing an eternal rainbow called promise. My friends, sooner or later in eternity, the mind becomes very, very weary. Sooner or later, it finally accepts that it is a part of creation, and being a part — our mind — of creation, it is guaranteed to suffer.

We have taught in this philosophy here that man's only suffering is his denial of God. We have also taught that man's denial of God is the limitation of his own mind, and *that* we call, in this philosophy, *self-will*. And so when we suffer, we may be rest assured we are not in our heart, we are in our limited mind. That's where bondage is, my good friends. Bondage is not where God is, and God is in your heart. Bondage is in the head. It is where we have decided what is right and what is wrong. It is where we have decided what will bring us joy and happiness. And when we make those kind of decisions, and it is the nature of the mind — the self-will — to do just that, when we make those decisions, we,

and we alone, experience the illusion of creation called pain. And so, isn't it better to finally awakened within to accept the eternal divine truth that frees our soul? For you see, my friends, until we learn to separate truth from creation, we will never have the divine freedom that is our eternal right.

And so as we work in this world of creation, when we make the effort to be in it and not to be a part of it, to be with anything or person, and never to be a part of the person, then we are going to experience what is known as God, the Divine Love. If you are expressing your soul, your consciousness through your heart, you will never experience loss for you will never experience gain. You will be the perfect balance called neutrality, the Divinity Itself, and all things will be within you for that is the only place they ever existed at all. That awakening is called many things. It is called illumination. It is called cosmic consciousness. It does not matter what we call truth, love and freedom. It only matters that we permit ourselves to experience it. For once we permit the experience, the fullness of God,

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THE PENETRALIA
 BEING HARMONIAL ANSWERS TO IMPORTANT QUESTIONS
 by Andrew Jackson Davis

Continued from last issue-

What is required in the eleventh commandment?

The eleventh commandment requireth us to acknowledge, in our daily walk and conversation, our grateful consciousness of whatsoever is interior and supernal—our relation thereto and dependence thereon—which is at once a source of imperishable pleasure and a cause of growth in rich domains of glorious meditation; vaster far than fields of intellectual culture, deeper than oceans of theologic lore, sweeter than a thousand gardens of paradisaical flowers, diviner than the songs of the flowing Mornia, pure as the perfect Love.

What is Aspiration?

Aspiration, as the word implies, is a spiritual reaching upward—a prayer for providential aid, a longing after things and truths superior—as attraction toward that which is in store for the soul.

What is forbidden in the eleventh commandment?

The eleventh commandment forbiddeth all ingratitude; all habits of negligence

in the wisdom faculties. Also, all irreverence toward that which is truly useful, just, energetic, beautiful—not merely in the sight of the body and its senses, but toward whatsoever administereth lovingly and wisely to the highest faculties; all abuse of that which thus lendeth wings to imagination, and expandeth the capabilities of the inmost understanding.

What is the twelfth commandment?

The twelfth commandment is: "Obey the gospel of Harmony"—which is the sixth manifestation of the Wisdom principle.

What is required in the twelfth commandment?

The twelfth commandment which is the sum of all Wisdom, requireth us to be and do that which will render our fellowmen the best service and the longest happiness.

What is forbidden in the twelfth commandment?

The twelfth commandment forbiddeth every system of government and all religions, which retard mankind's progress toward Harmonial Unity.

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PATIENCE - PAIN & PLEASURE

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when we do that we won't have to study all the books of the universe to find it, but it takes self-control to reach your heart. It takes control of your own attitudes of mind. It takes control of your emotions and your feelings and when you control them, your mind will be stilled and when your mind is stilled, you will be freed from self-concern, which is the epitome of the activity of mind stuff. When man permits his mind to be concerned with himself, then he guarantees all the disasters in life that are necessary to free him from his own illusion and delusion.

Now the truth is not readily received when we are in the mind because the mind registers that it must surrender, that it must give up. But be of good cheer, my children, for when it registers what it must do, we start our soul to descend in that self-will, and there's a bottom to self-will, because there was a beginning to self-will. And when we hit the bottom, we start to rise in Divine Will. And when we rise in Divine Will, we have the fullness, the goodness, which is known as God. Then, and then only, do we experience the true joy of living. Then, and then only, are we free from

want, need and desire, for man cannot desire what man already has.

And so, my friends, learn to bow the head in humility, for God, the Divine, is the greatest humble servant there has ever been or will ever be. And surely as you look at creation, you can understand it takes great humbleness and great humility to sustain all of creation, and especially, mankind when the Divine Light views what man does with his gods, eternal love and joy.

Remember that so-called desire is the Divine Expression, that total acceptance is in truth the Divine Will, that total consideration is the Divine Love. And when man, when man having desire, permits the desire, which is the Divine Expression, to be the servant, then he will be freed from being the slave, for desire, the Divine Expression, is the Divinity and it is a servant. It was never intended to make you a slave, bound in the dungeons and prisonhouses of hell itself. That is not the will of God, but that has indeed become the will of man. For whatever desire man entertains in thought is only his soul's eternal quest to go home to God. And so what we in truth are seeking is to go

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Student's Corner



by Miriam Bostwick*

The only way to truly experience God is through one's heart. However, many people delude themselves in thinking they are close to God if they profess to believe in certain doctrines; many confuse intellectualizing about God with being in tune with the Infinite. One is on the mental level; the other on the spiritual level, though both utilize the mind as the vehicle of thought.

Some come into this incarnation meriting an early home environment that fosters a closeness with God; others do not. Many lose God along the path of life. But how do we lose God? Usually, it is through an experience or series of experiences that our ego computes as rejection — not getting our own way. The ego suffers and, therefore, in turns, rejects God. We blame God instead of facing the truth that through free choice, we, and we alone, set certain laws into motion to guarantee our particular individual experiences. God, the Divine

Neutral Power, only provides the energy for us to either free ourselves or imprison our souls.

How do we find God? — by taking the inward journey to view, in the light of reason and understanding, those experiences or tapes in the subconscious mind which dictate the perimeter of our expression. The wise person takes note of all his rejections, the things that he is unwilling to accept, for those are the things that obstruct his expression of God or Divine. Through understanding, awareness and self-control one is lead back to God or freedom. Remember, the way out of a thing is always the way we got into the thing initially. The key is to honestly ask yourself the question, what was my true motive.

VIEWS OF OUR HEAVENLY HOME

by Andrew Jackson Davis

CHAPTER I

A GENERAL STATEMENT OF THE SYSTEM

Continued from last issue—

“My Father’s house is built on high
Far, far amid the starry sky;
When from this earthly body free,
That heavenly mansion mine shall be.”

A sublime and beautiful theme appropriately seeks to clothe itself in sublime and beautiful language.

A powerful temptation to write in “an unknown tongue” upon a theme unknown to the senses of men, is upon me; it feels like a necessity pouring through the wand of an enchanter. And yet, lest I should not be distinctly understood by the reader, who may not have access to a dictionary, I press back both the necessity and the enchantment; and thus I proceed to use the plainest words, or at least such phraseology as will most naturally convey the sublime and beautiful realities under contemplation. And I will also, which will soon come, disregarding all temptations to the contrary, add to my intentional plainness as much as possible of the sweet grace of

brevity. Inasmuch as in the “Penetralia,” in the “Stellar Key,” but particularly in the little volume “Death and the After-Life,” the reader may find that already I have reported or described many of these celestial scenes; therefore it will be with me a principle to avoid, as far as is practicable, when treating an obscure question, a multiplication of words and all vain repetitions.

That there is a general correspondence between man and the earth, is admitted by all analogical thinkers. Like the globe, man is full of revolutions, seasons, changes, periodicities. In his wakings and sleepings are incorporated the days and nights of the planet; its light and heat are repeated in his phosphorescent brain and magnetic heart; its rocky framework is perfectly represented in his osseous

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Visitors Views

"Services were very interesting-I enjoyed the talk about "truth"-the music was excellent." G.Y.

"This service helped me understand my truth in God."

"I came a little late to participate in the entire service. The readings that were given to the congregation reinforced what I have come to believe in recent months-that God is and that we can improve ourselves. This gives meaning to our life here on this plane."

"I truly enjoyed the peace and love and serenity. How appreciated Serenity is!"

"I was impressed by the accurate messages. I was able to stay with the lecture and appreciated the message." L.R.

"I really feel very high from being here, and I will come back again." H.

"So many wonderful and truthful words of guidance were brought into our pres-



ence. A true joy." G.S.

"I would like the help that I am feeling to extend to others close to me." M.A.C.

"The Lectures are very good."

"Inspirational and very enlightening."

"Very comforting-received quite an uplifting charge throughout the morning."

"I was hesitant to accept and very nervous when I first came in, because my interest was mostly just curiosity, but during the psychometrie portion of the service some things reached me. A moving experience." E.P.

SPIRITUALIST DICTIONARY

SPIRIT OPERATORS

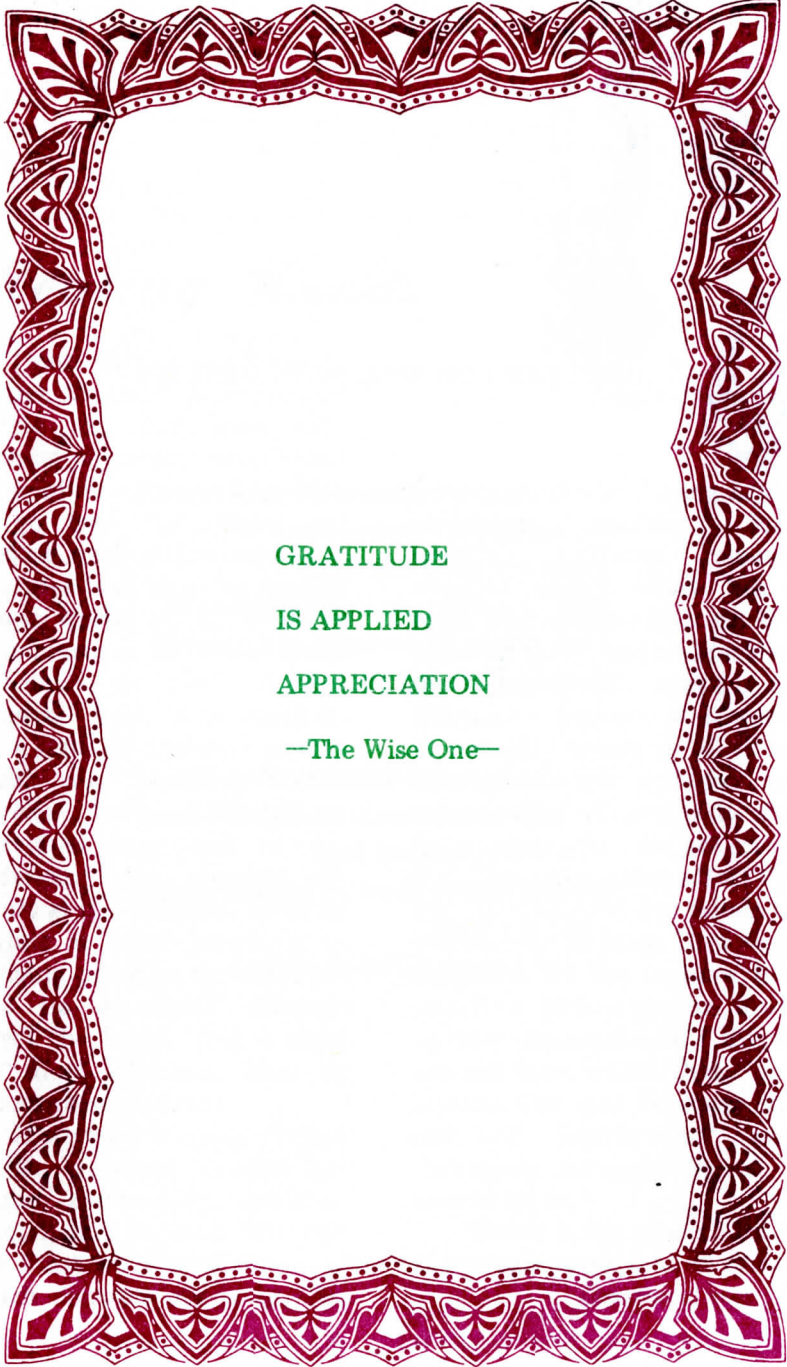
Term for the workers in the spirit band, who are assisting the production of psychic phenomena for any specific purpose.

SPIRITUALISM

Is the Science, Philosophy and Religion of continuous life, based upon the demonstrated fact of communication, by means of mediumship, with those who live in the Spirit World. Spiritualism is a science because it investigates, analyses and classifies facts and manifestations, demonstrated from the spirit side of life. Spiritualism is a philosophy because it studies the laws of nature both on the seen and unseen sides of life and bases its conclusions drawn therefrom, when sustained by reason and by results of observed facts of the present day. Spiritualism is a religion because it strives to understand and to comply with the Physical, Mental and Spiritual Laws of Nature which are the laws of God. (Definition adopted by the National Spiritualist Association of Churches in America.)

W. T. STEAD

(1849--1912) Well-known editor, author, automatist, a great champion of Spiritualism. He obtained proof of survival through his own hand, by reason of long communications from a Miss Julia Ames, an American editor friend who had died previously. Messages from the living were also obtained by his hand. Through the efforts of his control 'Julia' a Bureau was opened in 1909 giving free sittings to people anxious to establish communication. It cost 1,500 Pounds Sterling per year to maintain and ran for three years during which time 1,300 sittings were given. Robert King, Vout Peters, Mrs. Wesley Adams and J. J. Vargo were the mediums employed. Stead had a very trusting disposition and could never tolerate the attitude of the S.P.R. He once wrote a fiction story about the dangers of icebergs in the Atlantic Ocean, a possible omen of his own death when the historic tragedy of the *Titanic* took him with 1,600 others in 1912. Within three days of his passing, he is said to have communicated and established his identity.



GRATITUDE
IS APPLIED
APPRECIATION
—The Wise One—

PRAAYER FOR SPIRITUAL HEALING

*I ask the great Unseen Healing Force
To remove all obstructions
From my mind and body
And to restore me to perfect health.
I ask this in all sincerity and honesty
And I will do my part.*

*I ask this great Unseen Healing Force
To help both present and absent ones
Who are in need of help
And to restore them to perfect health.
I put my trust
In the Love and Power of God.*

Healing Hands



by Sandy Johnson*

Upon visiting our Serenity Church for the first time, many people say that they have nothing physically wrong with them when asked if they wish to go into the chapel for spiritual healing. It is important to understand that the healing power works on all levels of consciousness to bring about a balance in one's electromagnetic field, thus establishing a state of harmony so that health may manifest in the physical form. Although an individual may not be experiencing any physical ailments at the moment, spiritual healing is most beneficial in bringing peace to the mind before its emotional discords affect the body. This is truly the most advanced form of "preventive medicine."

If we wish to enjoy perfect health, we must consider our triune expression: spiritual, mental, and physical. Through our spirit we control our mind which controls our body. The

teachings of The Living Light philosophy explain that negative thinking releases negative energy which has a most destructive effect on the physical body, as it helps feed our negative cells, creating an imbalance known as disease. It certainly behooves all of us to examine our thoughts, to take control of our minds, and to consider what we are creating. This takes great effort for we have allowed our minds to wander for so long. How very fortunate we are to have this beautiful philosophy to show us how impartial God's divine natural laws work: that "like attracts like and becomes the law of attachment" and "whatever happens to us is caused by us."

"Peace is the power" for it is through peace that all things

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HEAVENLY HOME

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structure, and its great waters reappear in the miniature seas of serum and tiny oceans of blood in which man's physical constitution rides like a freighted steamer.

In more interior parts the correspondence between the human individual and the great globe beneath him is a million times more amazing and complete. In his physiological inception, as well as in all the stages of his subsequent progressive advancement, he repeats the entire organic history of the whole animal world and in his social, moral, and intellectual progress, from youth to maturity, he consecutively reproduces the entire social, political, moral, and intellectual history of mankind. All this, you observe, transpires in the universal, not in the very particular sense. For in specialties, in the details of experiment among variations, all deductive correspondence ceases and the inductive philosophy begins; and the latter is commonly called "scientific research and demonstration."

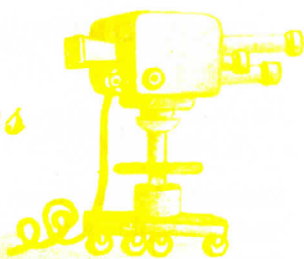
Upon the primordial principle of correspondence, thus briefly illustrated, there exists a general resemblance, a similarity of order and appearance, between the Winterland (earth)

beneath man's feet and the Summerland (heaven) above his head.

In a certain sense there is no more distance between a man's spirit and the earth than there is between his spiritual body (now elemental) and the suprasolar sphere to which he personally ascends after death. And as to the localities, sceneries, social gradations, moral spheres, love circles, intellectual distinctions, wisdom brotherhood, seminaries of learning, hospitalities for the worn and weary, unfolding nurseries for the innumerable little ones, all of which is distinctly visible as natural belongings and institutions in the Summerland; the correspondence (the analogy) between all this and man is seen to be perfect when you carefully investigate and classify the internal structure of the human brain, and thence gather inductively knowledge of his organs, faculties, attributes, affections, the degrees of his various interconnections, and the laws of his immortal necessities, his absolute needs, not to mention his wants and energetic impulses, which constantly and forever characterize and govern his indestructible nature.

(continued next issue)

News & Views



by Duncan Robertson*

Music hath powers to smooth the savage beast, and it also may have been largely instrumental in bringing to our world the modern age of physics. Galileo's law of falling bodies is generally accepted to have inaugurated the modern era. However, in Galileo's day there were no time pieces capable of measuring fractions of a second.

A heretofore undisclosed page of his notes published recently seems to indicate that the method used was so simple that Galileo may have been reluctant to divulge it, according to published Galilean scholar, Stillman Drake. Noting the musical background of Galileo, Drake writes, "His mathematical physics was based entirely on ratios, not on standard units as such. In order to compare ratios of times it is necessary only to be able to divide time equally; it is not necessary to name the units, let alone measure them in seconds." It seems that we all have a built in clock of sorts capable of performing this feat and manifested in a simple form to anyone capable

of humming a tune.

Using the figures given on the note page, Drake constructed what he believes is a fairly close model of the experiment that revealed the law to Galileo — a grooved stick six and a half feet long set up at a slight incline and a small ball. Singing to the tune of *Onward Christian Soldiers*, Drake released the ball from the upper end of the incline and marked its progress on the stick at each beat of the music. The marks nearly exactly indicated the intervals that reveal the law of acceleration of a falling body, and the figures agreed with those shown in the page from Galileo's notes.

"We still cannot prove experimentally, anymore than Galileo could, that continuous change really underlies the changes we can measure only indiscrete units of some kind," says Drake. "That assumption took an act of faith and resulted in a bold speculation that put Galileo at odds with some of his ablest contemporaries.

GUIDE TO MEDIUMSHIP AND PHYSICAL UNFOLDMENT

by E. W. and M. H. Wallis

*THE BASIS AND CULTIVATION OF MEDIUMSHIP**Continued from last issue—*

Such people are not infrequently stigmatized as 'changeable,' 'weak-minded,' 'erratic,' and 'unreliable,' because of their liability to be affected by their surroundings; and they would profit by self-study and by watchful attention to their varying moods, so as to cultivate a more positive and self-possessed state of mind, and obtain self-control.

Three Groups

Speaking somewhat roughly, the majority of people can be classified into one or other of three groups: viz., Positives, or actors, those who exert a dominating influence over others; Negatives, or those who are liable to be dominated and manipulated by others; and an intermediate class, consisting of those who are positive at times and to some people, but negative at other times and to other people, or varying between positive and negative as they themselves change in physical conditions and mental moods.

It should, however, be borne in mind that an individual who is ordinarily a Positive

may not always be so. He may occasionally meet with others even more positive than himself. His own conditions may alter owing to illness and other causes; or by his sympathy and confidence being aroused and won, he may be 'off guard' so to speak, and become negative to those who usually would have no power over him.

Sensitiveness Indispensable to Mediumship

'It is a fundamental proposition,' says Hudson Tuttle, 'that sensitiveness, or the capability of mediumship, is a faculty common to mankind, differing in degree — as hearing and sight are common heritage, but keener in some individuals than in others: or under certain conditions it may disappear.' (*Mediumship and Its Laws; Its Conditions and Cultivation.*)

The mediumistic temperament is often characterized by self-consciousness and diffidence, or by nervous self-assertiveness on the part of its possessor. People of this class are almost invariably emotional, enthusiastic, spontaneous,

(continued page 21)

CHILDREN'S CORNER

In keeping with Serenity's policy to encourage expression by all its students, this column contains the unedited articles submitted by the children attending our Lyceum. — Editor

A song make you happy.
When you are at home and
mommy put the radio on it
makes you happy. I think a
song is pink.

Betsy Dillon, Age 4½

Laws are the rules that most
people go by and obey so that
a better world is made. I think
the colour is Red.

Jill Benton, Age 13

Self control is restraining
your self and showing inner
discipline. It is when your
sister hits you and you don't
hit back. Self Control is a very
important thing in the world.
Many people practise it. I have
a great problem with Self
Control and I hope I'll get
over it.

Orianne Smith, Age 11

A friend is a person who plays
with you. Someone who is
nice and doesn't hit you.

Michael Field, Age 4½

Sharing

If someone is playing and they
don't have a bike you can
share your with them. I think
it is yellow.

Desmond Fernandes, Age 6

Self Will

Self will is an I What is an I
an I it is the little me like
greed, selfish, mean and unkind.

Yvonne Fernandes, Age 10

A song makes me happy and it
makes me glad to sing along.

Stephine Mello, Age 5

Healing and Action

Healing and action is when you
don't feel wall. and if you get
healed. you will feel much
Better. and you can speak to
god. to.

Yvonne Fernandes, Age 10

Self Control is when someone
tries to make you mad and
you don't get angry at them.
When someone hits you and
you don't hit them back. Self
Control is when dad say to be
quiet and you do.

Laurel Smith, Age 7

law—I like you—and I think it is
following me Blue

Betsy Dillon, Age 4

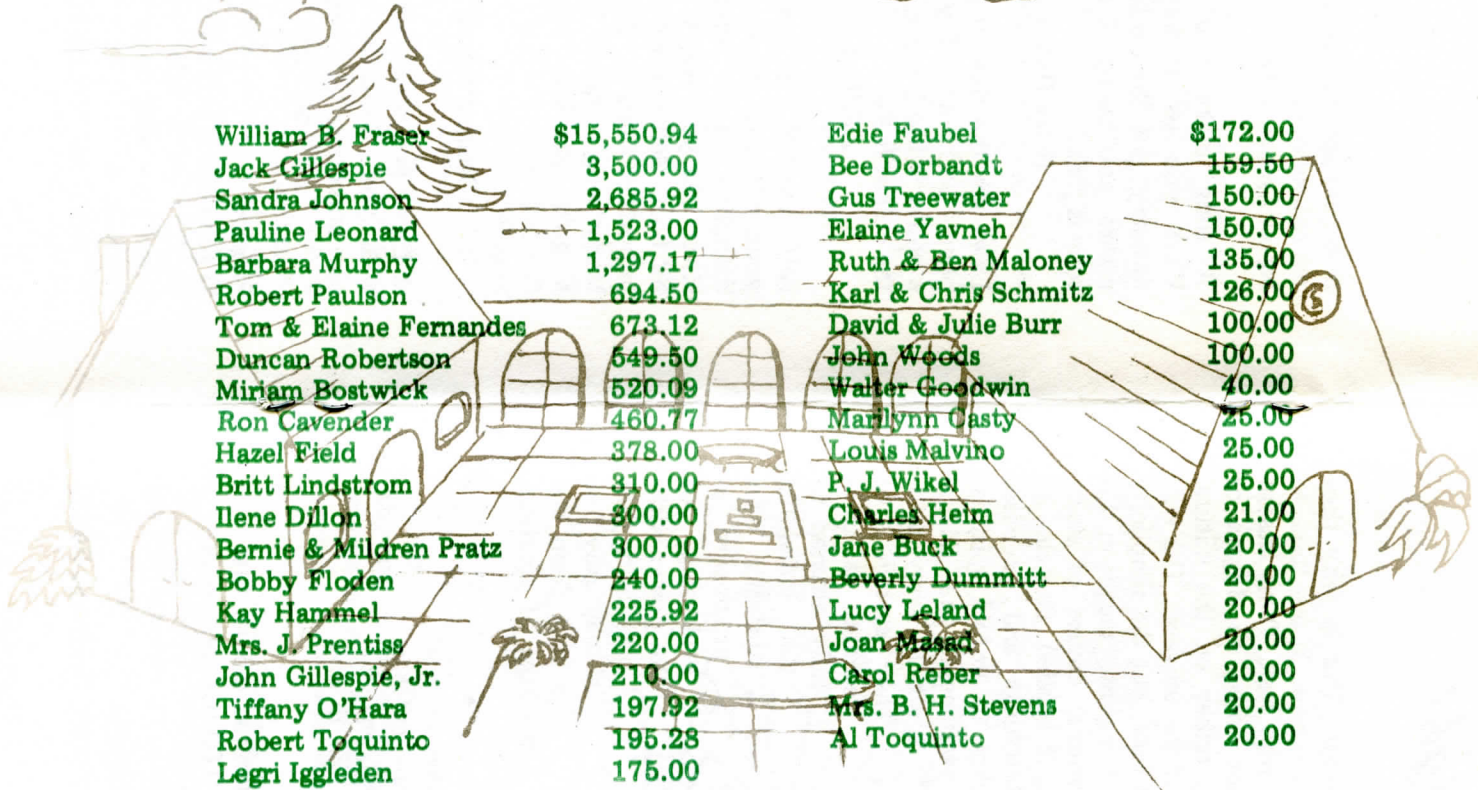
A Song is something that
makes me happy. makes me
feel good too. I think a song is
blue

Wylie Guadamuz, Age 6

Serenity Church Builders

GOAL: \$540,000

JANUARY 1973 TO DATE \$31,591.63



William B. Fraser	\$15,550.94
Jack Gillespie	3,500.00
Sandra Johnson	2,685.92
Pauline Leonard	1,523.00
Barbara Murphy	1,297.17
Robert Paulson	694.50
Tom & Elaine Fernandes	673.12
Duncan Robertson	549.50
Miriam Bostwick	520.09
Ron Cavender	460.77
Hazel Field	378.00
Britt Lindstrom	310.00
Ilene Dillon	300.00
Bernie & Mildren Pratz	300.00
Bobby Floden	240.00
Kay Hammel	225.92
Mrs. J. Prentiss	220.00
John Gillespie, Jr.	210.00
Tiffany O'Hara	197.92
Robert Toquinto	195.28
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Al Toquinto	20.00

CHILDREN'S BUILDING BLOCKS

Michael Field	11.00
Erick Masad	5.00

We gratefully acknowledge gifts made to the Serenity Church Building Fund. Donations and pledges may be made payable to Serenity Spiritualist Association. Contributions are deductible for income tax purposes.

The Living Light

THE LIVING LIGHT is a unique book, presenting the first and fresh expression of the individual understanding of a Great teacher from other dimensions, known to us only as *The Old Man*. This book, given as a series of discourses to a class in spiritual unfoldment through the mediumship of Richard P. Goodwin, contains the understanding developed in *The Old Man*

through centuries of study in the higher realms of Light. The lessons to be perceived are not new. In fact, they are very, very old, but they are new and alive to certain levels of our con-



sciousness. This is why they are given now, in our time, to those who seek. These lessons are not based on dogma or creed, rather on the natural laws of the universe. The way is not easy, but the simplicity of truth is gently taught in this inspirational course of study which, if applied, contains all the teachings and exercises necessary to unfold spiritual

awareness, the Divine spark in every man.

The system of teaching is carefully attuned to the individual student's own progressive awakening of the power within his being that he may truly free his soul from the bondage of creation.

SELECTED PASSAGE:

There are no magic words that will send you up the ladder of Light and Truth, but there is the Divine Principle that constantly and ceaselessly impresses your heart, your soul, to serve without concern for effect.

Order now your copy of the limited deluxe first edition of *THE LIVING LIGHT*. \$10.60 per copy, plus \$.30 handling and mailing. Mail order to:

SERENITY PUBLICATIONS

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Forest Knolls, California 94933

GUIDE TO MEDIUMSHIP

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and ardent. Strong in their predilections, they are decided in their 'likes' and 'dislikes,' but are sometimes variable, volatile, and versatile. Zealous workers in what they feel is a good cause, they are generally stern and forcible in condemnation of what they deem to be wrong, but are seldom intractable. They are wounded to the quick by sneers and slights; but, while they may be resentful, they seldom sulk and are generally forgiving and ready to help others who appeal to their sympathies. 'Generous and impulsive, hot-headed too and independent, a close friend and a merry heart; too sensitive to criticism of an unkind nature; too easily pleased by praise; without malice, without revengeful thoughts; a warm-blooded man, with an ever present humor that gilds his conversation and makes his company well liked.' Such is the description given by an American writer of one through whose mediumship remarkable materialization phenomena have been witnessed.

What A Medium Is

A medium may be defined as a person who is constitutionally sensitive or susceptible to

'influence,' and responds more or less readily to the dominant thoughts, 'suggestions,' or impulses that impinge upon his psychic, or magnetic sphere; or one who freely generates nerve aura, magnetism, psychoplasm, or psychic force (which ever term may be preferred), which can be utilized by the operating spirits to produce the outward and visible evidences of their power and presence that are usually designated 'physical phenomena.' Spirits cannot manufacture the energy employed in the production of these demonstrations, and therefore they must draw upon the store possessed by the medium, who, where possible, unconsciously attracts to himself some of the psychic force of others.

'Diversities of Gifts'

The assertion that is sometimes made that 'everyone is a medium' is somewhat misleading. It would be nearer the truth to say, 'Everyone is a spirit,' and is therefore endowed with the qualifications which may be cultivated and exercised with more or less success in one or other of the several phases of mediumship.

(continued next issue)



Cook Book Capers

RECIPES FROM A POLISH FESTIVITY

Bigos (Hunter's Stew)

- | | |
|------------------------------------|---------------------------------------|
| 4 large dried Polish mushrooms | fat and cut into 1" cubes |
| 1/2 to 1 cup boiling water | 1/2 lb. lean boneless lamb, trim |
| 1 pound fresh sauerkraut | excess fat—cut into 1" cubes |
| 7 tablespoons butter | 1/2 lb. lean boneless pork, trim |
| 1 cup finely chopped onions | excess fat—cut into 1" cubes |
| 1 medium-sized tart apple, | 1/2 cup chicken stock |
| peeled, cored, coarsely chopped | 1/2 cup Madeira or Sherry |
| 1/2 pound white cabbage, cored, | 1/2 lb. fresh <i>kielbasa</i> (Polish |
| trimmed and finely shredded | sausage) cut into rounds 1" thick |
| 2 medium-sized firm tomatoes | 1/4 t. ground allspice, or to taste |
| 2 tablespoons vegetable oil | 1 1/2 teaspoons salt |
| 1 lb. lean beef chuck, trim excess | Freshly ground black pepper |

Soak mushrooms in boiling water for 2 hours. drain, reserving liquid. Then cut them crosswise into paper-thin slices. Set aside.

Drain sauerkraut, wash under cold water and then soak in a bowl of cold water 20 minutes. Squeeze a handful at a time until it is completely dry. Pull strands apart with your fingers. Remove seeds from tomatoes. Chop coarsely.

In a heavy 4- to 5- quart casserole, melt 4 tablespoons butter. When the foam subsides, add onions and apple. Stirring frequently, cook 5 minutes or until the onions are soft but not brown. Remove from heat and stir in the mushrooms, their soaking liquid, sauerkraut, cabbage and tomatoes.

Preheat oven to 350 degrees. In a heavy 10- to 12-inch skillet, melt the remaining 3 tablespoons butter in the vegetable oil over high heat. Brown the different meats separately. Transfer to casserole.

Pour the chicken stock and wine into the fat remaining in the skillet and bring to a boil over high heat, stirring constantly. Pour contents into casserole. Add Polish sausage, allspice, salt and a liberal grinding of pepper to the vegetable-and-meat mixture. Cover casserole and bake 1 1/2 hours. Uncover and bake 30 minutes longer, or until tender. Freezes and reheats well.

INVOCATION

Again the day dawns; again the sun is shining; and the songbirds sing and all the world is awake with gladness and joy. Only the hearts of those who do not feel the glory of living, the joy of life, the peace of progress, are sad and unhappy. May we be fitting instruments to carry the word of assurance, of knowledge, of love, to all who are in the shadows and have not yet found comfort for their souls. Give us eyes to see, ears to hear, and hands to do; that we may work with greater efficiency and zeal for those who labor with little hope of reward in this life and vision no life beyond the portals of the tomb. Bless us in our effort to bring to the attention of humanity the gospel of the continuity of life. Give us patience in the work and keep our hearts ever understanding and sympathetic. Amen.

READING

Are you in love with life? If so, "know thyself," for in so doing you shall learn the laws which expand and prolong life and you shall perceive the nobility of giving no unnecessary pain to any living creature.

Do you seek knowledge?

Is so despise not the small things; deem nothing too sacred for honest investigation; sound the reasons for things, meditate upon the wisdom of the learned, but accept only Truth as a final authority.

Are you in sorrow and in need of consolation? If so, go forth on some errand of mercy; minister unto the sorrowing; speak words of comfort to the distressed and the despairing, for thus shall you find what you impart to others.

Are you distressed with thoughts of the wrongs done? If so, resolve to do wrong no more; open the windows of your soul and let the sunshine in; seek the companionship of the good, ask for the aid of invisible helpers and set yourself some worthy task.

Are you satisfied with self? If so, learn from the truly great and good how small are your attainments, how crude your development; look into the starry heavens and learn to be humble; seek to answer the questions of a child and learn the limitations of your wisdom.

BENEDICTION

May the knowledge and proof of spirit communication make Life more understandable and Death, our friend. Amen.



Busy Bees

by Miriam Bostwick*

Look for the monkeys in the trees! Fantastic yard sale. 3 Lillian Lane. Thus read the Classified Ad for the recent garage sale which Penny Pedroli and Mildred and Bernie Pratz organized and held to benefit Serenity. Sincere appreciation is extended to all who donated items or helped Bernie, Millie and Penny in any way. The sale was so smashing a success that it may well become an annual event. So save your discards of furniture, knick-knacks, jewelry, appliances, etc. for June 1976.

With all of its activity, the term *behive* characterizes Serenity's pressroom at *SENTINEL* printing time. This efficient operation, which takes place in a well-equipped room, not only reduces the need for a costly printing budget, but provides an opportunity for students to serve selflessly.

At present, the *busiest bee* in the pressroom is Patti Graves, who by having demonstrated continuity of effort and reli-

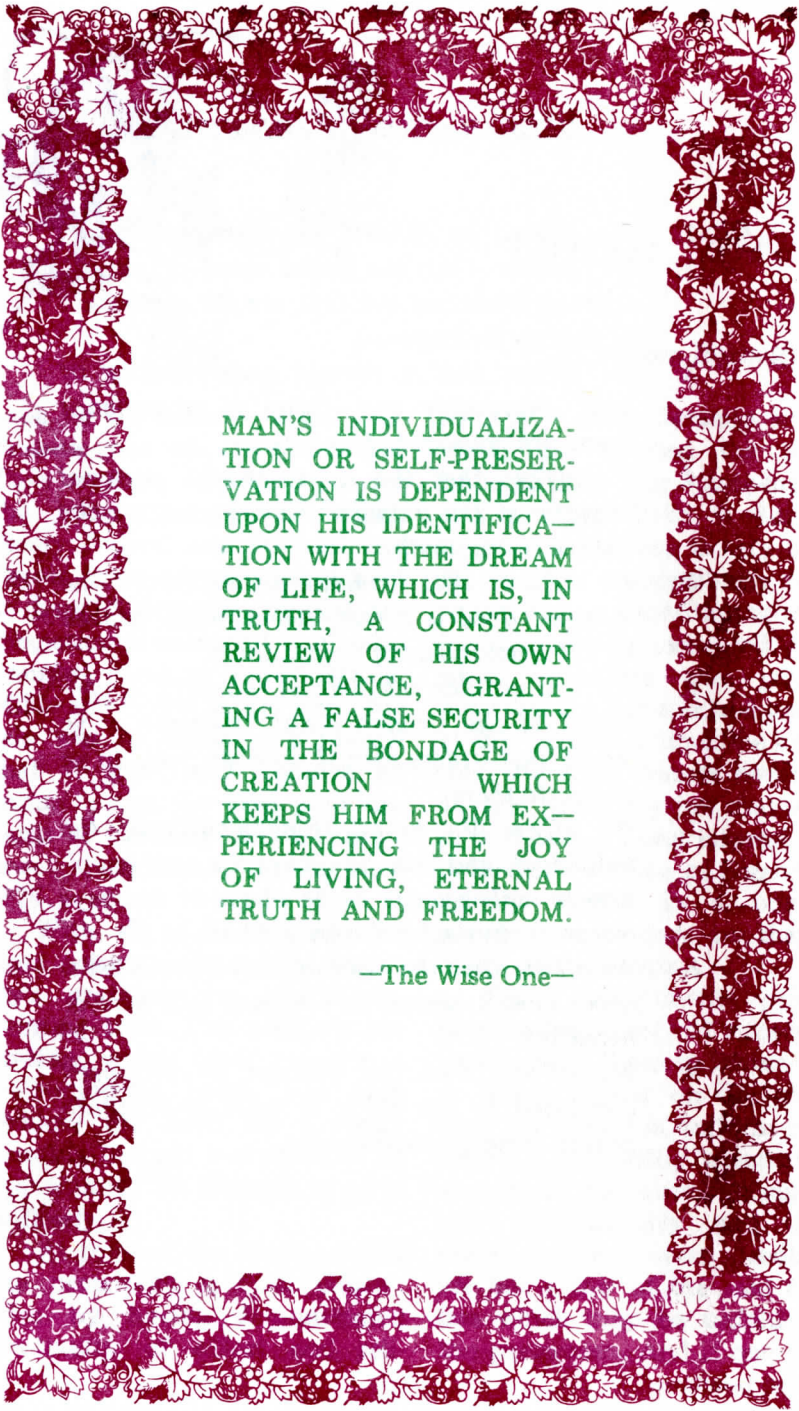
ability in other Serenity service work, has merited the major responsibility for plate-making and printing. Patti is doing a super job, and she is very grateful for this responsibility for it is she who is benefiting most by having willingly accepted a job which provides the greatest potential for her spiritual growth at this particular time. She knows that the spirit friends never ask anyone to do any job that is not in that person's best interest. The immediate welfare of Serenity is usually placed in a position which is secondary to that of helping its students.

Patti's assignments provide an excellent level (of consciousness) *check*. When in Divine Will, no spots appear on the plates; even the inking is uniform in intensity. A healthy measure of awareness to insure accuracy, and responsibility and discipline to meet those deadlines, are but a few of the soul faculties which may be unfolded in the pressroom. And if one tends

(continued page 33)

DECLARATION OF PRINCIPLES

1. *We believe in Infinite Intelligence.*
2. *We believe that the phenomena of nature, both physical and spiritual, are the expression of Infinite Intelligence.*
3. *We affirm that a correct understanding of such expression and living in accordance therewith constitute true religion.*
4. *We affirm that the existence and personal identity of the individual continue after the change called death.*
5. *We affirm that communication with the so-called dead is a fact, scientifically proven by the phenomena of Spiritualism.*
6. *We believe that the highest morality is contained in the Golden Rule: "Whatsoever ye would that others should do unto you, do ye also unto them."*
7. *We affirm the moral responsibility of the individual, and that he makes his own happiness or unhappiness as he obeys or disobeys Nature's physical and spiritual laws.*
8. *We affirm that the doorway to reformation is never closed against any human soul here or hereafter.*
9. *We affirm that the Precept of Prophecy contained in the Bible is a Divine attribute proven through Mediumship.*



MAN'S INDIVIDUALIZA-
TION OR SELF-PRESER-
VATION IS DEPENDENT
UPON HIS IDENTIFICA-
TION WITH THE DREAM
OF LIFE, WHICH IS, IN
TRUTH, A CONSTANT
REVIEW OF HIS OWN
ACCEPTANCE, GRANT-
ING A FALSE SECURITY
IN THE BONDAGE OF
CREATION WHICH
KEEPS HIM FROM EX-
PERIENCING THE JOY
OF LIVING, ETERNAL
TRUTH AND FREEDOM.

—The Wise One—

BECOMING A SPIRITUALIST

by H. Gordon Burroughs

YOUR PSYCHIC SELF

Continued from last issue—

It is the faculty through inner light of seemingly knowing things. It can also be called insight, inner seeing. We may not recognize it as a spiritual gift, but each of us consciously or unconsciously depends upon insight in the accomplishment of our objectives upon this plane of consciousness.

Inspiration, which is a psychic gift, we all more or less have; and every person, every musician, every artist who makes a true success in life must depend upon inspiration whether he recognizes it or not. If he lacks inspiration, he is mechanical and in his music, in his talk, in his art, there is something lacking: the soul is not there. Inspiration is a spiritual quality associated with the real, spiritual you, the soul you, functioning through a sensitized, developed physical organism which makes it possible for the objective to be forgotten for the moment; and while almost in a dream state, we may produce the symphony, the picture, the art, resulting in the culmination of our hopes.

God has always spoken to

man; He will always speak to man. He speaks to him through his insight, through his clear vision, through his intuition, and through another faculty known as clairvoyance, which enables the individual to see beyond the objective forms. These gifts may be definitely developed in everyone and become of practical use. How may they be developed? By prayer, by desire, by entering into the silence in contemplation. How wonderfully the great Master understood when he said to us, "Go ye into the secret recesses of your own chamber and there pray to the Father who hears in secret, who already knows the things that ye so desire." Believing this, we have already received those things for which we asked.

What makes some people successful in judging men and women? It is by their inner vision, their ability to register human radiation. Each of you, whether you are conscious of the fact or not, is radiating from your body a certain substance we have called the aura of the human body.

continued next issue



Lest We Forget

Frank Abbate
 Cod Carrier
 The Carillo Family
 Vera Cavender
 Angelina Cipriano
 Duke
 Eula Fiel
 Jonquil

Harold Lucas
 Farhad Moezzi
 Nelson Norgren
 Jonathan Peck
 Dennis Spinneli
 Foster Steele
 Robert Toquinto Jr.
 Britta Uppstrom

To send a helpful thought of joy and light to those you love who have passed to the higher life, list their names in this column. Donation of one dollar per name is requested.

PATIENCE—PAIN & PLEASURE

continued from page 6

back home, but because of our so-called self-will, we have so restricted God's *eternal, divine right of expression*, that we suffer because we cannot experience the goodness which is our birthright unless we do this or do that. There is only one thing we need to do to have the joy of living, to be freed from the illusion of pain and pleasure. There is only one thing we need to do, is bow our tenacious so-called ego — bow it in the depths of humiliation that our soul may rise in the heights of humility. There, we will be with God, and being with God, all goodness and all joy — our true right — will indeed be ours. But that takes, not a thought on Sunday morning once a week, that takes an effort of our will to control the so-called insanity of our own mind, and if we don't think it is a discordant insanity, then take a closer look at your life and see what you are doing

with it. And once you see, in truth, what you are doing to your own life, with all your fears and all your frustrations and all your chasing from here to there, there is no animal on earth that would act so wild and so ridiculous. There is no insect put on God's green earth that does not function in harmony and love. But man has risen so great in his mind that he thinks he is the King; that he can control whatever he chooses to control. But that which man chooses to control for a moment — he lives in that illusion — but that moment passes, then man becomes aware that he is now the victim of his own games, and that victimization, sooner or later, will descend in total humiliation, for the soul rising of humility is recorded by the ego as humiliation. And when that happens, he will know beyond the shadow of any doubt that God, in truth, is the most humble servant of all.

EDITOR'S NOTE—

The *SENTINEL* extends its appreciation to the many students of the Serenity concept of Spiritualism who contribute their articles to this magazine, sharing their understanding with our readers. Student articles are recognized by an asterisk (*)



Poet's Pen

EGO

Sometime, when you're feeling important,
Sometime, when you ego's in bloom,
Sometime, when you take it for granted
You're the best qualified in the room.
Sometime, when you feel that your going,
Would leave an unfillable hole,
Just follow this simple instruction
And see how it humbles your soul.

Take a bucket and fill it with water,
Put your hand in it up to the wrist.
Pull it out, and the hole that's remaining
Is a measure of how you'll be missed.
You may splash all you please when you enter,
You can stir up the water galore,
But stop, and you'll find in a minute
That it looks quite the same as before.

The moral of this quaint example. . .
Is do just the best that you can.
Be proud of yourself, but remember. . .
There is no indispensable man.

Author Unknown
Submitted by Bee Dorbandt

FABLES FOR YOUNG AND OLD

THE FOX AND THE GRAPES

Strolling through a garden one day, a hungry Fox noticed a plump and juicy bunch of grapes hanging from the top of a trellis. Friend Fox took a quick look around to see who might be watching, then ran over to the trellis and leaped up to snatch the grapes for lunch.

He missed. They were just out of reach. He stood back,

counted One — Two — Three, got a running start and leaped again. But he missed again.

That made old Fox angry. He turned on his heel and marched out of the garden, saying, "I really wasn't hungry," and then, a little later, "Those grapes were probably sour anyway." That left him just as hungry as before, but he felt better.

—*It's easy to sneer at what you can't have.*—

PORTRAIT

Imprisoned in my imperfection I hear the sounds of life. It's spring and the dove is tempting its mate. I respond with the softness of velvety warmth. A songbird adds his staccato arpeggio to the smoothness of the trees and the birds and I basking in the vitalizing sun. I taste, feel and touch the energy around me. I am suddenly aware as I have never been before. As a bud

bursts forth with color and scent, I burst my self forged bonds, knowing the truth at last. I am part of the plan, the life I am gives life. I will sleep and I will live again some future spring. I am no longer imperfect. I feel the awakening of vitality and fertility rising in my being. I am one with the trees, the birds, all living things, an integral part of the plan. I am human.

—Betty Neil—

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 P. O. BOX 137
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HEALING HANDS*continued from page 13*

are harmonized and neutralized. When we are receptive to spiritual healing, our mind is brought back to its balance point, and by maintaining this

peaceful attitude through self-control, harmony is expressed by our physical form known as health.

He who sees the loss never finds the gain.

When the dream of life becomes the night-mare of life,
man changes.

The reason man is freed in hell is because the experience thereof guarantees his seeking freedom from it, which is known as heaven.

-- The Wise One --

BUSY BEES*continued from page 24*

toward self-pity while working down there, separated from the mainstream of other activities, one, never left without choice in life, may either go into self-will and compute that one is being left out, or one may shift gears to the neutrality of Divine Will and truly be the humble servant doing God's work that it may be given to the world.

ANNOUNCEMENTS

Social: **A POLISH FESTIVITY**
August 16 at 6:30 p.m.

Bake Sale: August 23—all day
Place: Strawberry Town &
Country Shopping Center

THE PENETRALIA

continued from page 5

Is any man able perfectly to keep the commandments of God?

No man alone and unbelonged, unsupported by the counsel and magnetism of personages superior, can keep all these commandments; but a firm desire, a sincere aspiration, to do so, will bring to his aid the friendship of angels, and help to centerize his personal capabilities.

Is angelic aid the principal and most needful thing?

No; the principal condition, favorable to individual progress, is external harmony; not only in bodily health, but in the several relations demanded by the several loves. A married woman, to be happy, aside from her own natural peacefulness, requireth a good and intelligent companion. No parlor is harmonious with discord in the kitchen. Spiritual righteousness and happiness are impossible while the outward conditions of man's social life antagonize. Oh, that churchmen could see more of Time in their benevolent enterprises! The affairs of eternal worlds can be more easily comprehended and controlled by their inhabitants. Man's works of salvation and redemption should be adapted to this world.

What explanation can you

give for the absence of social harmony among Christians?

It is of the utmost importance that we understand the true theory of reform; at the same time, also, the reason why the Church system does not succeed. The Church professes to be adequately armed to battle with sin, and provided with all the true instruments of social Reform. It professes to have the stupendous "Word" on its side — not only so, but the Almighty with it. In fact, all the persons of the Godhead are claimed as both prime movers and co-laborers in the vast field of human redemption.

What result does this church association bring forward?

The whole supernatural system has been well nigh two thousand years converting fifty millions of Protestants into religious Sectarians. But these fifty millions are, after all, far from being reformed and harmonized. Many of them still own slaves, sustain the Fugitive Slave Law, and go strong against the dethronement of King Superstition. These church members and church supporters are no better than, and oftentimes not so good as, the so-called skeptical and unregenerated.

(continued next issue)



THIS IS MY CHURCH

This is my Church.
It is composed of
people like me.
We make it what it is.

I want it to be a
Church that is a
lamp to the path
of pilgrims, leading
them to goodness,
truth and beauty.

It will be, if I am.

It will be friendly if I am.
Its pews will be filled, if I help to
fill them.
It will do a great work, if I work.
It will bring other people into its
worship and fellowship, if I bring them.

It will be a Church of loyalty and love,
of fearlessness and faith, and a Church
with a noble spirit—if I, who make it
what it is, am filled with these.

Therefore, with the help of God, I shall
dedicate myself to the task of being
all of these things that I want my
Church to be.

—From “I Belong”
by Hoover Rupert

Serenity Spiritualist Association

Forest Knolls, Ca. 94933

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